

2013

CHILDBIRTH EDUCATION

2014

Childbirth Preparation, Parenting, and Breastfeeding classes are available to all expectant parents and their support persons. These classes provide expectant parents with information and techniques, which will promote a healthy pregnancy, a fulfilling birth experience, and confident parenting of the newborn. **ALL CLASSES ARE FREE!**

HEALTHY BABY SERIES

SEE REVERSE FOR
MORE INFO

Budget for Baby

REGISTRATION (360) 257-2728

Budgeting Basics

- Receive a free layette and bag after attending, including a handmade item.

Childbirth Preparation Classes: REGISTRATION (360) 257-9899

OR EMAIL NHOH-BIRTHEducator@med.navy.mil

- A series of four 2 1/2 hour classes to help you have an understanding of the normal birthing process, medical interventions associated with birth, comfort measures, postpartum care, and newborn care and safety
- Thursdays 5:00 – 7:30 pm, located in Command Conference Room at NHOH
 - **Class1** - Warning signs of late pregnancy, relaxation techniques to help you manage labor, when to go to the hospital, and a tour of Labor and Delivery
 - **Class 2** – Stages of Labor, Comfort measures, Relaxation, Breathing techniques
 - **Class 3** – Hospital Routines, Medical Interventions, Cesarean delivery, Ways to minimize interventions, Postpartum care of mother
 - **Class 4** – BABY CLASS- Newborn Care, including Infant Safety. Learn the basics of infant CPR, how to help a choking baby, and car seat safety. (This is not a CPR certification course.)

Breastfeeding Classes:

REGISTRATION (360) 257-9899

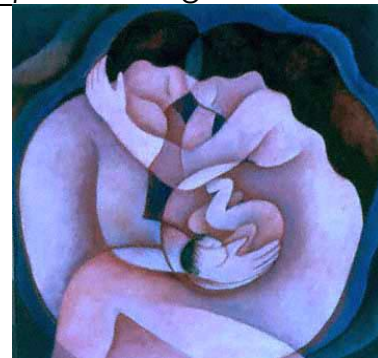
OR EMAIL NHOH-BIRTHEducator@med.navy.mil

- Fourth Tuesday of every month from 5:00 – 7:00 p.m.
- Available for all mothers
- Benefits to both baby and mom, Getting started, Positioning, signs of a good latch. Frequency = Stimulation = Supply. Common Discomforts, pumps, returning to work.

Partners Are Highly Encouraged To Attend All Classes

Childbirth Education Series Location: Naval Hospital Oak Harbor
NHOH Command Conference Center (in main hospital building)

Plan to attend all four classes, or if you wish, pick the ones that will benefit you the most.



Budgeting for Baby

Taught by a Navy Marine Corps Relief Society volunteer.

Review budgeting techniques and discuss the different expenses that are associated with your new arrival and how best to prepare for them. Discuss infant car seats and furniture, layette and nursery needs, social security number for baby, wills, power of attorney needs, childcare costs and more.

Tuesday 4:15-6:15 pm

Location: BLDG 13 Seaplane Base

Receive a free "Junior Sea Bag" (layette) after attending this class; includes a hand-made blanket made by a NMCRS volunteer, crib sheets, onesies and more, all nestled together in a bag*

*If you are unable to attend the budget class, you still can get a free layette. Call 257-2728 to schedule a private budgeting session at NMCRS.

CHILDBIRTH EDUCATION SERIES

Learn about the stages of labor, relaxation and comfort during labor, and coping techniques to help you be better prepared for the upcoming birth of your baby. Empower yourself with knowledge. Bring a snack/water and your birthing partner. Every mother is encouraged to attend with or without a partner!

This is a 4 class series.

Thursday's 5:00-7:30 p.m.

Command Conference Room

The class series is held every month. Please call for dates. (Nov/Dec classes are combined.)

Registration 257-9899

Or e-mail NHOH-BirthEducator@med.navy.mil

SIGN UP ONCE FOR ALL 4 CLASSES

Breastfeeding Classes

4th Tuesday of each month, call for dates

5:00 – 7:00 p.m. in the Command Conference Room

Call (360) 257-9899 to Register

Or e-mail

NHOH-BirthEducator@med.navy.mil

ADDITIONAL INFORMATION

If you would like to have a private tour of the birthing unit at NHOH call: (360) 257-9777

Please call in advance to arrange for a private tour.

New Parent Support

Home visits that focus on the needs of infants and young children, prenatal and postnatal care. Parent education and social support for the family. A no cost, voluntary program for military families expecting or with young children.

Please call New Parent Support at:
(360) 257-6779 for more information

Important Numbers

NHOH Labor and Delivery Unit: (360) 257-9777

WIC: (360) 257-8049

MSS: (360) 257-8050

Navy Marine Corps Visiting Nurse: 257-2724

Lactation Support Nurse: 257-9899



NHOH Breastfeeding Support Group

